Hair Salon

SOPHIE'S SALON

WEDNESDAYS 9:00 AM—1:00 PM

WASH & CUT \$10
WASH, CUT & BLOWDRY \$15
WASH, CUT & SET \$15
COLOR \$20
PERM \$40
WAX \$5

WALK-IN OR APPOINTMENTS

Lynn Council on Aging Senior Center

WELLNESS OFFERINGS

EYEGLASS CLINIC

November 6th 10:00 am—11:00 am

By: Mr. Specs

BLOOD SUGAR & BLOOD PRESSURE

November 13th
8:00 am—9:30 am *note time change*
Nurse available for any health questions.

HEARING CLINIC

November 27th 9:00 am—I I:00 am

PODIATRIST

November 8th & 29th 10:00 am—12:00 pm

Call for appointment. Bring Insurance Card

MASSAGE THERAPY November 16th & 30th 1:00 pm—3:00 pm

Call for appointment.

LYNN COUNCIL ON AGING SENIOR CENTER

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Lynn Council on

Capture the Pride!



LYNN COUNCIL ON AGING SENIOR CENTER



NOVEMBER 2012

Aging

8 Silsbee Street

Lynn, MA 01901

From the Director's Desk

Fall is one of the most beautiful seasons. I see our painters at the senior center using a wide spectrum of colors painting scenes of foliage and pond reflections, lakes and trees. Pumpkin is everywhere! Pumpkin coffee, pumpkin candles, pumpkin muffins, pumpkin! Pumpkin! PPPumpkin! It's the season of change; we switch to warmer clothes, and prepare for cooler weather. But, life is a catch 22 though. I had a pretty interesting conversation with an elder gentleman who said he was of little words. It lasted almost two hours! The gist was everything is changing and nothing is the same-with lots of sighs-keep your spirits up, don't focus on losses, be happy, remember the good times, make new friends-look on the bright side, take care of yourself. Up down, up down, take the good with the bad. It all comes back to nothing's the same. My wishes for you are that you reflect on great memories of the past and smile for new times to come, minimize your worries, lean on us and enjoy Thanksgiving.

From Your Mayor

I hope you are enjoying this fall season and have had the opportunity to get out and appreciate the beautiful foliage. As the holiday season approaches, it is a busy time of year for all us, but I encourage you to take advantage of the events going on throughout the city.

The Lynn Memorial Auditorium will be hosting several entertaining concerts over the next few weeks, beginning on Nov. 4 with Roger Hodgson, the legendary voice of Supertramp, the British rock band formed in 1969. The Imperial Acrobats of China will put on a dazzling show on Nov. 11. Finally, Get the Led Out, a Led Zeppelin cover band, will perform on Nov. 16. For show times, ticket prices and to purchase tickets, visit the Auditorium Box Office at 3 City Hall Square or call the ticket booth at 781-581-2971.

I encourage each of you to exercise your right to vote on Nov. 6. Regardless of your affiliation, I urge you to remain informed during this exciting presidential election year. I know our seniors traditionally take this right more seriously than most, and vote in greater numbers than virtually all other segments of the population. You are to be congratulated for that.

To celebrate Veterans Day on Nov. 12, we will be hosting a ceremony in the Lynn Auditorium with performances by the Lynn Public School Band and a drill presentation by Lynn English Marine Corps JROTC. Light refreshments will be served and all are welcome to attend. Please Contact the Lynn Department of Veterans Services at 781-598-4000 with any questions.

781-599-0110 781-598-4000 v

Best wishes for a happy, healthy and blessed Thanksgiving with friends and family.

Best wishes,

Mayor Judith Flanagan Kennedy

Page 2 Lynn Council on Aging



HOME

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Primary and Specialty Medical Care Adult Day Centers • In-home Support and Care

Buffum St., Lynn

Frances Taggart



Lynn Council on Aging Senior Center

Publication Meet the Staff: Hours of Operation: funded by:

Stacey Minchello, Director

Executive Office of Monday thru Friday Rosa Paulino-Diaz, Assistant Elder Affairs & City of Lynn

Kristi Harris, Assistant 8 a.m. to 4 p.m.

LCOA Board of Directors

Al DiVirgilio **Arthur Akers** John W. Baker Clerk Meets 4th President **Edmund Brown** Wednesday **Ernest Carpenter** monthly at Albert DiVirgilio Daniel P. Hanlon Vice-President 1:30 p.m. Frank LaMacchia **Charles Mitchell**

FRIENDS of LCOA Executive Board

Ioan B. Noble President Meets last Vice-President Linda Rosendahl **Thursday Deb Small** Treasurer **Cindy LeBlanc Recording Secretary** monthly at 10 am Virginia Calef Membership Secretary

FREE CELL PHONE ADVISORY

October 15 – December 7

Medicare plans change every year! This is the time to decide on your coverage for 2013.

SHINE Can Help! SHINE counselors provide free Medicare counseling. Call your senior center for a SHINE appointment now!

You can call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

~ Or ~

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.

Monthly Newsletter Page II

IN LOVING MEMORY

Thank you for your donation in memory of Rose Colella. ~Fidelity Charitable Grant on the recommendation of Ann Colella Thank you for your donation! ~Sophie Karampoulis In loving memory of Dr. Thelma Berger ~Dr. Harvey Berger In loving memory of George Walk ~Mary Walker In Recognition of **Paul Crowley!** "Taking care of seniors is his forte. Keep up the good work!" ~Kik Chaitor

Place your here

DEDUCTIBLE DONATION

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA

Please accept my donation \$				
In memory of	In honor of	In appreciation of		
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Send card to: Send card to: 				
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Page 10 Lynn Council on Aging

ANOUNCEMENTS

Mark Your Calendar! Annual Holiday Party

December 12, 2012 Tickets \$3

Purchase your ticket in person on Thursday, November 29th Starting at 9:00 am

Membership required Limited Seating

Senior Water Aerobics Lynn YMCA

Tuesdays & Thursdays \$3 9:15 a.m. – 10:15 a.m. Bathing Cap required

Pull a Pop Palooza November 21 12 noon

\$1 per chance to win a gift card

Sponsored by: The Friends of Lynn COA

THANK A VET by: William A Predeau

Many people travel to our shores
To escape their world of strife
and leave their troubled lands behind
To enjoy our way of life

But our way of life in America
Didn't come easy, so don't forget
If you love what we enjoy today
Be sure and thank a Vet

They shed there blood on foreign shores to help keep others free and many never came back home to their wives and family

Many Fathers, Sons and daughters
Still battle in distant sand
May they never be forgotten
Nor the fight they have at hand

The bells will toll in their honor As long as we never forget America is what it is today Thank God, and thank a Vet

IMPORTANT NOTICE

Starting immediately we will no longer allow food or drink on the carpeted areas. We thank you for your understanding. The rugs are getting a beating with dropped food and liquids and we are afraid we won't be able to clean the rugs.

Our apologies if this ruins the atmosphere of the event but we can not afford new rugs at this time and the cost of cleaning is getting costly.

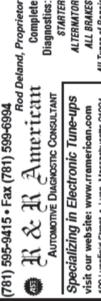
COMPUTER CLASSES

We apologize for the inconvenience. We are <u>suspending</u> computer classes until further notice. Our plans are to upgrade the computer systems with updated operating software and revamp the textbooks. Also know that future classes will only be held when there is a minimum of four students.

Monthly Newsletter Page 3

NOVEMBER HAPPENNINGS

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ı	Thurs, Nov I	Free TRIAD program: Foreign Lotteries are Illegal!	10 am Game Room
	Thurs Nov I	Birthday Karaoke Bash J	11:30 a.m. – 1: 00 p.m.
	Mon, Nov 5	Tai Chi & Relaxation exercises	9:30 a.m. – 10: 30 a.m.
	Tues, Nov 6	Mr. Specs Eyeglass Clinic	10:00 a.m. – 11:00 a.m.
	Tues, Nov 6	Lunch Trip: Cracker Barrel \$2	10:30 a.m. – 2:30 p.m.
	Weds, Nov 7	Food Stamps Assistance "SNAP"	9 a.m. to 3 p.m.
	Weds, Nov 7	HAIR SALON —Walk-in or appointment	9:00 a.m. to 1:00 p.m.
	Weds, Nov 7	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Thurs, Nov 8	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
	Thurs, Nov 8	Podiatry Appointments	10:00 a.m. – 12:00 p.m.
	Thurs, Nov 8	LUNCH sponsored by ABBOTT HOUSE	10:45 am – 12 pm
	Nov 9	Veteran's Omelet Breakfast\$2 / Free to Veterans	8am – 9am
	Fri, Nov 9	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Mon, Nov 12	VETERANS DAY	CENTER IS CLOSED
	Tues, Nov 13	Blood Sugar & Pressure Clinic "Lucy Booth" Open!	8:00 a.m. – 9:30 a.m.
		Nurse available for your questions.	
	Weds, Nov 14	HAIR SALON —Walk-in or appointment	9:00 a.m. to 1:00 p.m.
		Walk in or appointments at the senior center	·
	Weds, Nov 14	Free Seminar: "Get Ready for the Winter"	9:30 a.m. – 10: 30 a.m.
		Sponsored by: The Elder Insider Free Coffee & I	Donuts Game Room
	Weds, Nov 14	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Thurs, Nov 15	Shopping Trip: Target & Ocean State Job Lots	9:00 a.m. – 12:30 p.m.
	Thurs, Nov 15	Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
	Fri, Nov 16	Boston Food Bank: <u>Brown Bag</u>	10 а.т. – 12:30 р.т.
	Fri, Nov 16	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Fri, Nov 16	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
	Mon, Nov 19	Tai Chi & Relaxation Exercises	?
	Mon, Nov 19	Women's Group	10 am
	Tues, Nov 20	Casino Trip: Foxwoods \$25 prepaid reservation	7 a.m. – 6:30 p.m.
	Tues, Nov 20	Lunch Trip: Monte's \$2	I I:00 a.m.
	Weds, Nov 21	HAIR SALON —Walk-in or appointment	9:00 a.m. to 1:00 p.m.
	Weds, Nov 21	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Weds, Nov 21	Pull a Pop Palooza! \$1	12:00 pm
		One dollar ~pull a pop~chance to win a gift care	d!
		Sponsored by the FRIENDS of the Lynn Council of	
	Thurs, Nov 22	HAPPY THANKSGIVING	CENTER IS CLOSED
	Fri, Nov 23	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Mon, Nov 26	Tai Chi & Relaxation Exercises	?
	Mon, Nov 26	Lunch trip: Salem High School(\$6.50 lunch) \$2	11:00 a.m.
	Tues, Nov 27	Hearing Clinic	9:00 a.m. – 11:00 a.m.
	Tues, Nov 27	Portraits by Irena Jankowska	12 pm – 3 pm
	\\/ada N 20	Call Kristi for a sitting appt. Pick up copy on De	
	Weds, Nov 28	HAIR SALON —Walk-in or appointment	9:00 a.m. to 1:00 p.m.
	Weds, Nov 28	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
	Weds, Nov 28	Field Trip: Christmas Tree Shop \$2	9:30 a.m. – 2:00 p.m.
	Thurs Nov 20	Lunch at Kelly's Roast Beef FRIENDS of LCOA MEETING	10:00 a.m. – 11:00 a.m.
	Thurs, Nov 29 Thurs, Nov 29	T.O.P.S. Taking Off Pounds Sensibly	10:00 a.m. – 11:00 a.m.
	Thurs, Nov 29	Podiatry Appointments	10:00 a.m. – 11:00 a.m. 10:00 a.m. – 12:00 p.m.
	Thurs, Nov 29	Horseracing & Lunch at Kings Beach Towers	10:30 a.m. – 1:30 p.m.
	Fri, Nov 30	Massage Therapy Appointments \$5	1:00 p.m. – 3:00 p.m.
	Fri, Nov 30	Strength Exercise \$5	11:30 a.m. – 12:15 p.m.
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FRIDAY	Veggie Orzo Soup Sliced Turkey/Rye Potato Salad Chilled Fruit ALTERNATIVE Egg Salad/Rye	Fiesta Dill Fish Garlic Whipped Potatoes Green Beans & Red Pepper per Gingerbread Po- ALLTERNATIVE	16 Turkey Kielbasa/Roll ss Peppers & Onions Home Fries/ Cookie ALTERNATIVE Omelet/Cheese Home Fries	23 Swedish Meatballs Delmonico Potato Beets Chilled Fruit ALTERNATIVE Hawaiian Turkey Ham	30 Italian Garden Soup Cran Glazed Tyson Chix ead Oven Roasted Potato Cake ALTERNATIVE Salisbury Steak/Gravy
THURSDAY	Beef Stew Diced Potatoes/ Stew veg- gies WW Dinner Roll Jell-o/ Topping ALTERNATIVE Veggie Quiche	8 Spilt Pea Soup Meatball Calzone Tossed Salad Fresh Fruit ALTERNATIVE Chicken Filet/Whipped Po-	15 Cream of Broccoli Soup Garlic Paprika Boneless Chicken Whipped Potato Chilled Fruit ALTERNATIVE Beef Strip/Gravy	22 HOLIDAY NO FOOD SERVICE	29 Chili Steamed Rice Tossed Salad/ Corn Bread Chilled Pineapple ALTERNATIVE Tangerine Chicken
WEDNESDAY		7 Rosemary Herb Tyson Chicken Cheddar Whipped Potato Zucchini/Red Pepper Pudding ALTERNATIVE Spanish Sheppard's Pie	14 Pot Roast Jardinière Bk Potato/Sour Cream Peas & Mushrooms Jell-o/Pudding ALTERNATIVE Fish Florentine/Creole Sauce	21 SPECIAL Apple Cider Roast Turkey w/Gravy/ Stuffing Cran Sauce/ Whipped Potato Veggie Medley/Snowflake Roll Apple Raisin Cobbler	28 Tilapia/Crumb Topping Carrots O'Brien Potato Pudding ALTERNATIVE
TUESDAY		6 Pulled Pork/WW Bulkie Sweet Potato Fiesta Veggies Chilled Fruit ALTERNATIVE Honey Mustard Chix Tenders	13 Ravioli/ Meat Sauce Tuscany Veggies Oat Roll Mandarin Oranges ALTERNATIVE Spanish Chicken/Rice & Beans	20 Chicken Veggie Soup Meatloaf/Gravy Lyonnaise Potato Fresh Fruit ALTERNATIVE Liver & Onions/Gravy	27 Rib-B-Q /Gravy Corn Pudding Green Beans & Red Pepper Fresh Fruit ALTERNATIVE Chicken Marsala
MONDAY		S Mac & Cheese Spinach Chilled Fruit ALTERNATIVE Salisbury Steak w/ Gravy Whipped Potato	12 HOLIDAY NO FOOD SERVICE	19 Chicken Parm/Noodles Jardinière Veggies Chilled Fruit ALTERNATIVE Hamburger/Roll O'Brien Potato	Stuffed Peppers/Sauce Steamed Buttered Veg- gies Italian Blend Veggies Garlic Roll/ Chilled Fruit ALTERNATIVE

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AMERICAN HOLIDAYS

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APRIL FOOLS DAY
CHRISTMAS
COLUMBUS DAY
FATHER'S DAY
FOURTH OF JULY
GRANDPARENT'S DAY
GROUNDHOG DAY
HALLOWEEN

MOTHER'S DAY
NEW YEAR'S
PRESIDENT'S DAY
ST. PATRICK'S DAY
THANKSGIVING
VALENTINE'S DAY
VETERAN'S DAY

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WELLNESS WATCH

Living with the Flu and Other Respiratory Viruses

Background:

Flu and viruses like those that cause colds pass from person to person primarily through coughing or sneezing. An individual can also become infected through touching something with viruses on it and then touching his/her mouth or nose. An infected person can pass the virus on before he/she feels ill or during the illness.

Prevention:

- To protect yourself from the flu get the flu shot. It is not too late.
- Check with your doctor, local health department, pharmacies for flu shots
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it away.
- If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and warm water for 20 seconds, especially after you cough or sneeze. Or clean with an alcohol-based hand rub.
- Avoid close contact with people who are sick.
- If you get the flu or a bad cold, stay home.

and Prevention www.CDC.gov/flu.

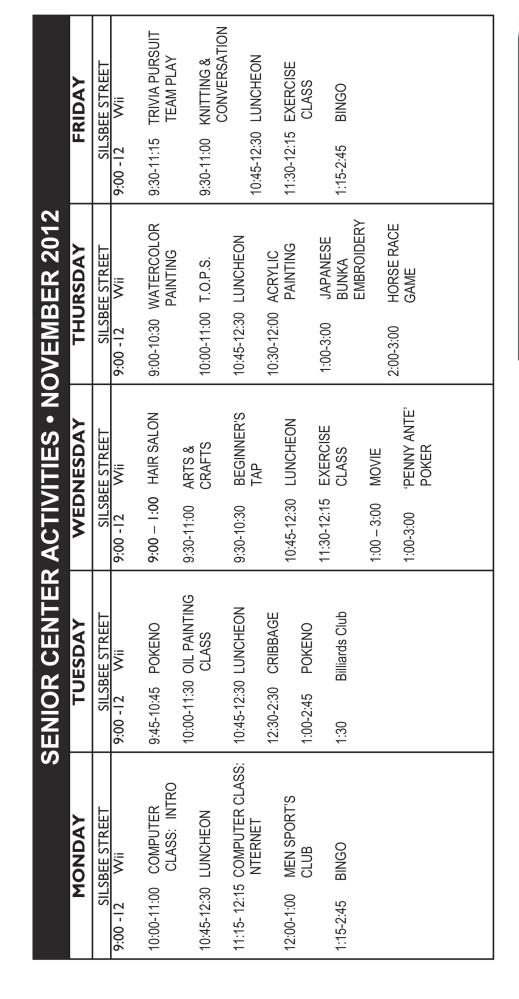
Home Treatment if you get the flu or a cold:

Get plenty of rest, drink a lot of liquids, and avoid using alcohol and tobacco. Talk with your doctor about using medicines to relieve the fever, cough, muscle aches, chills and other symptoms. Talk with your health care provider if you have concerns about your condition. Antiviral drugs may help.

For updates, free materials and other information check the following resources: The Massachusetts Department of Public Health (MDPH), www.mass.gov/flu, or 1-866-627-7968 provides the latest information on flu and flu vaccines. Materials are available in several languages and links are also provided. Another great resource is the Center for Disease Control

FLU What YOU Can Do: Caring for People at Home is a free booklet/download that can be downloaded from the MDPH website. It is available in a number of languages. In addition to giving tips on caring for the individual who is ill, the booklet also gives information on preventing the spread of any type of flu virus.

> Susan H. Brown RN, GLSS Community Education Nurse 781-599-0110 ext. 568 sbrown@glss.net



OLYMPIA

781.592.

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YOUR AD **HERE CALL TODAY**



Trips

Departs from Lynn Senior Center

Foxwoods November 20th



Casino Trips from Revere Departs from Northgate Plaza

Mohegan Sun \$25

Every Tuesday 10:00 a.m. - 8:45 p.m.

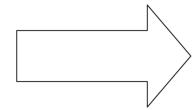
Twin River \$20

Nov 8th & 29th and Dec 13th & 27th 10:00 a.m. - 8:10 p.m.

Any questions? Call Elaine 781-289-6144 (Departs from back of Price Rite at Northgate in Revere)

FREE CELL PHONE ADVISORY

In order to receive a free cell phone from Safelink or Assurance, you first must qualify by being benefit eligible. There are several ways you are benefit eligible-you may be within income guidelines, OR receiving public assistance (food stamps, MA Health, fuel assistance, aid for elders, etc.) OR receive SSDI. Only one phone per household is allowed. Only one LIFELINE benefit is allowed per household. Lifeline benefits are either discounted land lines or Lifeline pendants. Many elders are receiving letters from Safelink notifying them of these requirements. Action is needed on your part if you want to keep your Safelink cell phone and service. If it's an eligibility issue, you must send proof. If it's a multiple benefit issue, you must choose one only. If you choose to do nothing, your cell phone service will be terminated.



FREE 911 cell phones available at the senior center.

These phones are emergency phones and can only be used to call 911.

These phones do not receive incoming calls.

MARKETING CALLS?

Tired of those annoying marketing calls? Register all your numbers on the **Do Not Call Registry**. Call 1-888-382-1222 from the phone that you want protected. OR register all your numbers online (email address required). Go to: www.donotcall.gov

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MOVIES...every Wednesday @ 1:00 p.m.

Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Nov 7	Eat Pray Love	PG-13	2010
Nov 14	Red Tail	PG-13	2012
Nov 21	My Big Fat Greek Wedding	PG	2002
Nov 28	Mirror Mirror	PG	2012

Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



CASINO NIGHT SPONSORS

Grateful thanks to our corporate sponsors who made our Casino Night event possible.

ABBOTT HOUSE Greater Lynn Senior Services DiVirgilio Insurance Salem Five Daily Evening Item PACE

PRIDE Motor Group Cataldo Ambulance Saugus Care Savory Grace

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Above acknowledgements through October 10, 2012